PARABODY INC.

PROSYSTEM PEC DEC ATTACHMENT
094

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- 3/4 INCH SOCKET
- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: E

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

094 PROSYSTEM PEC-DEC ATTACHMENT ASSEMBLY INSTRUCTIONS

1. Remove the SECONDARY CABLE by disassembling the CABLE from its MAIN UPRIGHT CONNECTION POINT, and pull CABLE out from the LOW PULLEY STATION. (NOTE: REMOVE LOW PULLEY FOR EASE OF REMOVAL)

2. Insert four (4) 2 IN. SQ. END CAPS into all open ends of the BEARING HOUSING.

3. Insert one (1) 2 IN. SQ. END CAP into the end of the PULLEY MOUNT SUPPORT.

4. SECURELY assemble both the BEARING HOUSING and the PULLEY MOUNT SUPPORT to the MAIN UPRIGHT of the BODYSMITH PROSYSTEM, using two (2) 1/2 X 3-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS.

NOTE: THE CONNECTOR PLATES ON THE BEARING HOUSING AND THE PULLEY MOUNT SUPPORT HAVE OVAL HOLES. MOVE THE BEARING HOUSING DOWN AND THE PULLEY MOUNT SUPPORT UP AS FAR AS POSSIBLE. SEE DRAWING

5. CAREFULLY insert four (4) FLANGE BEARINGS into the TOP and BOTTOM sides of the BUSHINGS of the BEARING HOUSING on both sides. (CAUTION: DO NOT OVER TAP THESE BEARINGS INTO PLACE, WHICH CAN CAUSE DEFORMATION TO THE BEARINGS, MAKING THEM UNUSABLE)

6. Insert four (4) 2 IN. SQ. END CAPS into BOTH ENDS of the LEFT and RIGHT PEC-DEC ARMS.

7. Insert the LEFT and RIGHT PEC-DEC ARMS through the FLANGE BEARINGS in the BEARING HOUSING on their respective sides, and secure them in place with two (2) STAR LOCK COLLARS.

8. Attach two (2) PLASTIC STOPS to the CAM STOP on the BEARING HOUSING, approximately where shown, in order to give the PEC-DEC ARM CAMS full contact when the PEC-DEC ARMS are in their resting position.

9. Slide two (2) 4 X 12 ROLLER PADS onto the LEFT and RIGHT PEC-DEC ARMS, until the ROLLER PAD is FLUSH with the bottom of the ARMS.(NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE ROLLER IS THE BEST MATERIAL TO USE. ALSO, ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY)

10. LOOSELY assemble two (2) 4-1/2 O.D. X 1 IN. BUSHING PULLEYS and two (2) CABLE RETAINING CLIPS to the PULLEY MOUNT SUPPORT, using two (2) 3/8 X 2 IN. BOLTS, two 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED)

11. LOOSELY assemble the BACK PAD to the TOP HOLE of the MAIN UPRIGHT, using one (1) 3/8 X 3 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER

12. Using one (1) 3/8 X 3-1/4 IN. BOLT, and one (1) 3/8 IN. LOCK WASHER, SECURELY assemble the LOWER PULLEY SUPPORT through the BOTTOM HOLE of the MAIN UPRIGHT and into the BACK PAD. (NOTE: MAKE SURE THAT THE BASE PLATE OF THE LOWER PULLEY SUPPORT IS FLUSH WITH THE SIDES OF THE MAIN UPRIGHT. SEE DRAWING)

13. TIGHTEN the BOLT in STEP 11.

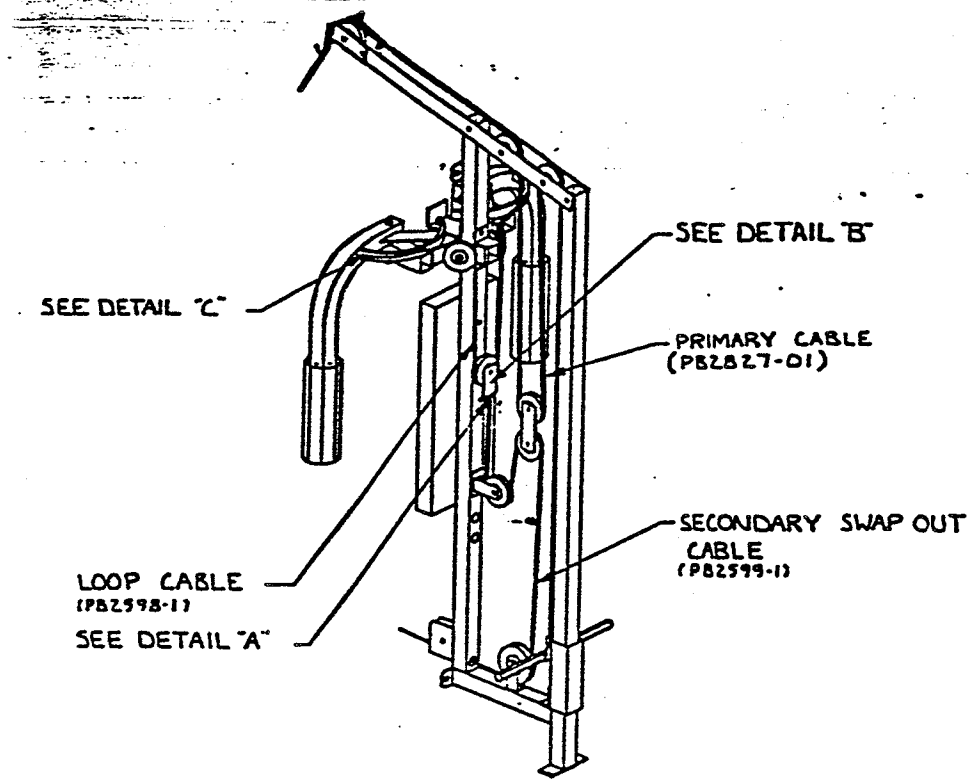
094 PROSYSTEM PEC-DEC ATTACHMENT ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

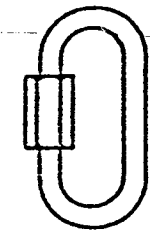
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BEARING HOUSING	(6259701)	1
2.	PULLEY MOUNT SUPPORT	(6258601)	1
3.	PEC-DEC ARM RIGHT	(6187901)	1
4.	PEC-DEC ARM LEFT	(6187601)	1
5.	LOWER PULLEY SUPPORT	(6260401)	1
6.	PULLEY LOOP BRACKET	(6260302)	1
7.	BACK PAD	(6260601)	1
8.	4 X 12 ROLLER PAD	(6176201)	2
9.	SECONDARY SWAP-OUT CABLE	(6259901)	1
10.	LOOP CABLE	(6259801)	1
11.	4-1/2 O.D. X 1 IN. BUSHING PULLEY	(3116101)	4

B				
C	CHG PAN — P. CABLE	1726	[illegible]	[illegible]
D	ADDED SERIAL NUMBER	2118	[illegible]	7/93

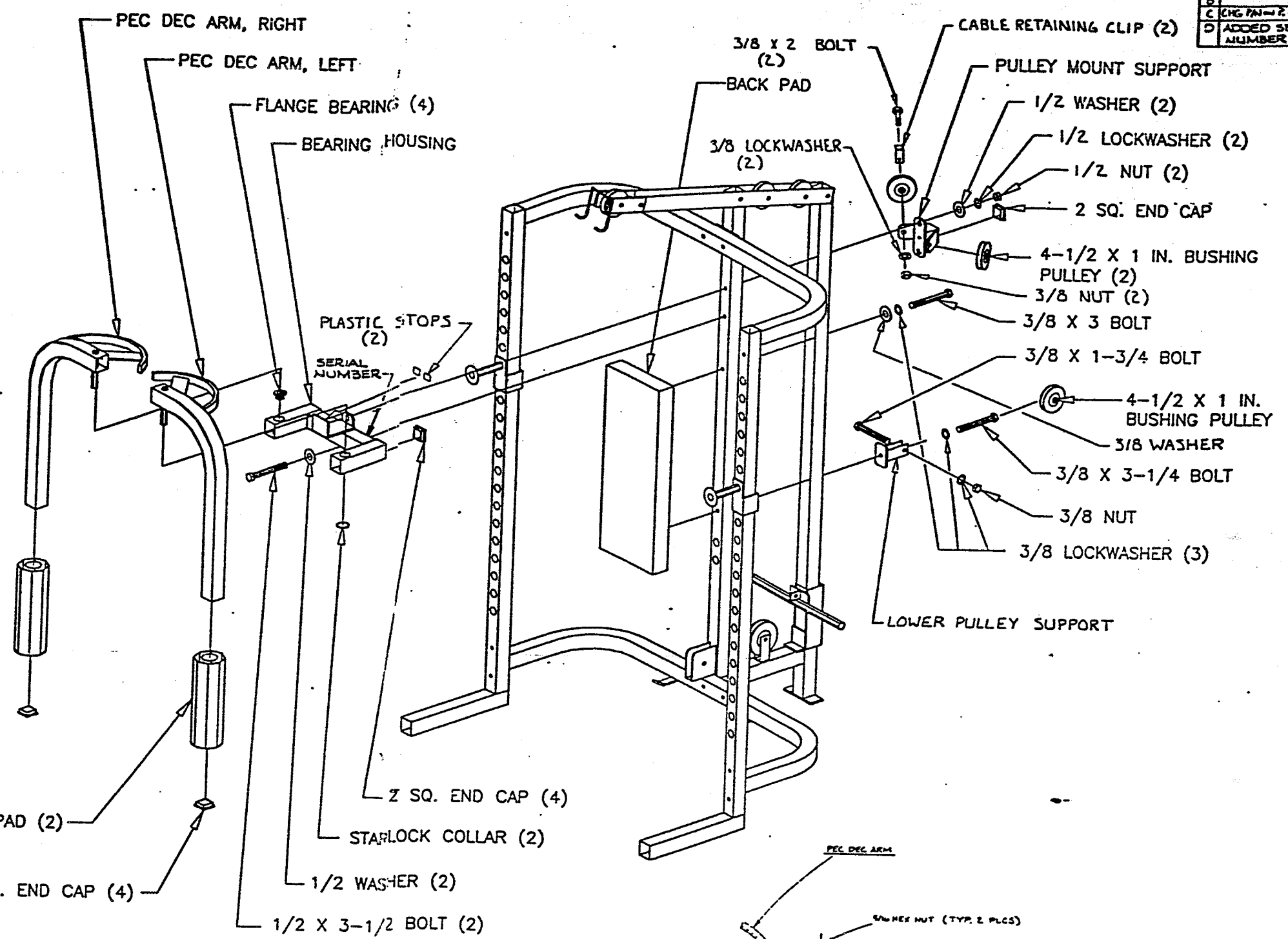


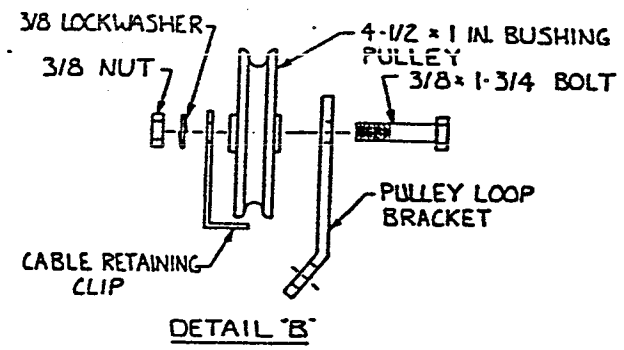
CABLE ROUTING DIAGRAM



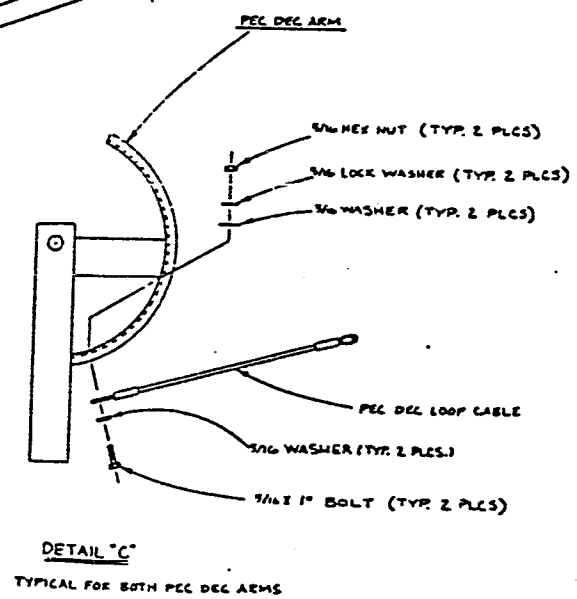
CAUTION!!! - THE QUICK LINK HEX NUT MUST BE FULLY ENGAGED AND TIGHT WITH THE THREADS BEFORE DOING ANY EXERCISE.

DETAIL "A"





DETAIL "B"


PEC DEC ARM
3/8 HEX NUT (TYP. 2 PLCS)
3/8 LOCK WASHER (TYP. 2 PLCS)
3/8 WASHER (TYP. 2 PLCS)
PEC DEC LOOP CABLE
3/8 WASHER (TYP. 2 PLCS.)
3/8 x 1" BOLT (TYP. 2 PLCS)

DETAIL "C"
TYPICAL FOR BOTH PEC DEC ARMS

PARABODY INC.
RAMSEY, MINNESOTA

PROSYSTEM PEC DEC ATTACHMENT
PBF094

DR. J ERICKSON 1-30-92

PJB 3/11/92